

Clam Stir Fry

Before learning to live a gluten free lifestyle, fried clams were a favorite restaurant meal. Sadly, most restaurant clams come frozen and prepared in a gluten breading. Most grocery stores carry canned gluten free clams. A gluten free breading, partially cornmeal based, could be prepared at home. Then, the clam juice could be saved and used to flavor another dish. Clam stir fry is a great dish for something different to eat. It doesn't require much preparation time or physical energy. A seafood stir fry can introduce different textures of common food, and the unexpected flavors of special occasion foods.

Pre Cook Preparation:

Marinate: No

- A. Timer set to the time to begin preparation prior to cooking
- B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Broccoli

Butter (lactose)

Clams

Mushrooms

Onions

Pepper

Spices

Meatless Preparation Avoid:

Butter

Clams

Substitute with: _____

Utensils:

Chopping board
Fork
Paring knife
Pot holders
Spatula
Spoon
Pan: 8 inch frying pan

Ingredients:**Meat:**

6.5 ounces of clams in clam juice

Vegetables:

6 ounces of chopped carrots
6 ounces of corn
6 ounces of peas

Other ingredients:

Vegetable oil
Dash of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Pour enough oil into the bottom of the 8 inch frying to coat it.
2. Add:
 - 6.5 ounces of clams and juice
 - 6 ounces of carrots
 - 6 ounces of corn
 - 6 ounces of peas
 - A dash of salt
- Optional:
 - Spices
3. Turn heat to medium.
4. Stir frequently until mixture lightly boils.
5. Turn heat down 1/3, and stir frequently.

Cook Temperature: Medium to low

Cook Time: Varies, about 15 to 20 minutes

Servings: 2 to 3

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 4 to 6 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Not recommended